

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life

November 2024

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-626-5240
Wenham COA 10 School Street Wenham, MA 01984 | 978-468-5534

November is here!! Where did this year go? By now we are well into Open Enrollment. If you haven't called up to schedule your review, please make sure to do that soon.

This month we have a lot of great programs coming up. In addition to our regular activities, such as yoga, fit over 50, balance class, we will also be hosting a Felted Gnome Making Class. We have rescheduled the talk with the eye doctor for November 15th at 11:00am. Dr. Brown will be coming to talk about all things eye care. Once again we will be having a Pie Giving Day. November 26th stop by at 2:30 for some pie with Friends. Registration required. On Tuesday the 5th we are working to have Fuel Assistance come from 2:00-3:00 regarding eligibility, applying, etc. Please call for more information. Finally, our Health Fair is coming up on Monday November 18th. We will have representatives from CATA, FISH, Hamilton Police & Fire, Acord, Adult Foster Care of NS and a blood pressure clinic. We hope that you will join us.

We are actively scheduling things for December. Please let us know what you would like to see.



Gold & silver medalists gathered at Annual Wenabocce Tournament! Many thanks to Joe Scuderi!

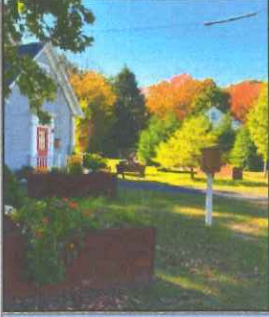
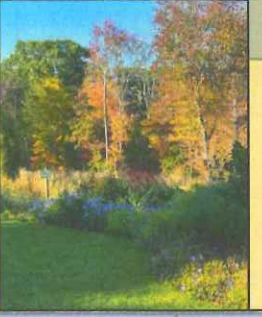

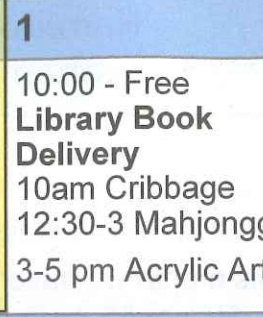
We had a wonderful Bocce Season in every way! Many thanks to Joe Scuderi and too many other people to mention without offending someone. It takes a team of great people to maintain the court and improve things. It was pure joy, from a Director's standpoint, to see so many people socializing here every Tues and Thurs morning. Now we move indoors once a week, Thursdays at 10:00 am, to HCOA.

In November, **Open Enrollment** for Medicare is important for anyone looking to shop for new plans. Just call me at (978) 468-5529 to set up an appointment. I have 20 timeslots for Wenham residents and I just need you to fill out **Your Medicare Plan Comparison Form** which I can email to you and then you can seal it and I will mail it to our SHINE counselor. Meeting dates are every Weds In November from 10am—1pm but you need to schedule with me.

We have an assortment of activities and changes to be aware of in November including Monday's live exercise class at 1:30pm with Erin. We have special guests coming from Gordon's Music Ed program who will play the piano and sing with us, Tues Nov. 5. COA Pickleball moves inside. If you're serious about it, I would recommend signing up and buying 10-pack tickets through the HW Rec Dept. We have our Caregiver Groups, Veteran Group Meetings, Floral Design, Acrylic and two Watercolor Classes.

Rachel Carlino-Dangora will be here to present her companies interest in **Making Peace with Organizing** on Nov. 14, which I think people stand to really benefit. We also will be here Thur. Nov. 19 have tea with Kate Hayashi's **Kindness Club** from Buker School which should be fun! Happy Thanksgiving and thanks for your support of the **FWCOA**, aka the **Friends of the Wenham COA**. The Holidays

Wenham Calendar - November

MON	TUES	WED	THURS	FRI
				1 10:00 - Free Library Book Delivery 10am Cribbage 12:30-3 Mahjonn 3-5 pm Acrylic Art
4	5	6	7	8
10:30am Chair Yoga Zoom w/ Margaret 11:30-1:00 Jessie Palm, Soc Worker 12 - 1pm Low Vision Group 1:30 Balance Class with Erin	10:00 Sing for Fun! Music Ed Gordon Students here at WCOA 1pm - Tai Chi for Balance	9:00am Walking Club 10:30am Caregiver Support Group 10:30 Chair Yoga (Zoom every week) 1-3 Watercolor Art Class	9am Yoga Dianna (Zoom) 10-12 Bocce— Inside HCOA 11-1pm Pickleball Rec Dept 2-4 pm <i>Senior Scribblers</i>	10:00am - FREE Library Book Delivery 10am Cribbage 1-4 pm Mahjonn
11	12	13	14	15
Veterans Day WCOA Closed 10:15 Cheeseman Field 11 Veterans Memorial	9am - Veteran's Board Meeting 10am - Vet Coffee Social Hour! 1pm - Tai Chi for Joints	9:00am Walking Club 9:15 Savvy Caregiver Support 10:30am Chair Yoga 1pm Floral Design	9am Yoga Dianna (Zoom) 10:00 - Make Peace with Organizing 10-12 Bocce-HCOA 11-1pm Pickleball	10:00am - FREE Library Book Delivery 10am Cribbage 1-4 Mahjonn
18	19	20	21	22
10:30am Chair Yoga-Zoom with Margaret 1:30 Endurance Class with Erin	10am - Dementia Friends Talk 1pm - Tai Chi for Balance 3pm Tea/Kindness Club with Buker kids	9:00am Walking Club 11:15 Pickleball 10am SHINE 10:30am Chair Yoga 1-3 Watercolor Art	9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball 2-4 pm <i>Senior Scribblers</i>	10:00am - FREE Library Book Delivery 10 am Cribbage 1-4 pm Mahjonn
25	26	27	28	29
10:30am Chair Yoga-Zoom with Margaret 1:30 Flexibility Class with Erin	10:00 Games— Scrabble 1pm - Tai Chi for Balance	9:00am Walking Club 11:15 Pickleball 10am SHINE 9:15 Savvy Caregiver Support	Thanksgiving WCOA Closed	Holiday WCOA Closed

Hamilton Calendar- November

MON	TUES	WED	THURS	FRI
				1 8:45 Tops 9:00 Quilting 10:00 Bridge Class 12:30 Art Studio
4	5	6	7	8
10:00 Qigong 11:30 Lunch w/ your friends 12:30 Acord 12:30 Knitters	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 Fuel Assistance	9:00 COA Board 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10-12 Bocce Inside 10:30-12:00-Felted Gnome Class 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
11	12	13	14	15
COA Closed Veterans Day	9:00 Yoga 10:15 Balance 12:00 Lunch with Police 12:30 Needle workers 1:00 Ping Pong	10:30 Crafts w/ Barbara 12:00 Lunch* 12:30 Bridge	10-12 Bocce Inside 10:00 KevTech 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 11:00 Dr. Brown-Eye Doctor 12:30 Art Studio
18	19	20	21	22
10:00 Qigong 11:30-1:00 Health Fair 12:30 Acord 2:30 Knitters	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong 3:00 Public Health presentation	10:30 Dan Tremblay 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
25	26	27	28	29
10:00 Qigong 12:30 Knitters 3:00 Assassination of Kennedy Talk	9:00 Yoga 10:15 Balance 11:30 Lunch 2:30 Enjoy Pie	10:30 Open House 12:00 Lunch* 12:30 Bridge	Closed for Thanksgiving	Closed for Thanksgiving

Hamilton COA Ongoing Events

Weekly Events

Knitters

Monday 12:30 - 2:30 pm

Stop by on Mondays and join our knitting group. Bring a project you have been working on or start a new project.

Qi Gong

Monday 10:00am - 11:00am

Taught by Nancy Doyle, the class is geared towards all levels of experience. Drop in class \$5 donation

Yoga

Tuesday 9:00 - 10:00 am

Bring your mat and get ready to relax as Victoria Harriss leads you through an hour of Yoga. \$5.00 donation requested. No sign up is needed.

Balance

Tuesdays 10:15 - 11:00

Strengthen your body and your balance all in one class! The stronger your balance is, the safer daily activities become. This low impact class is designed to increase muscular strength and develop confidence through different balance activities. \$5.00 donation requested

COA Needleworkers

Tuesdays 12:30 - 3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project. This is a drop-in group.

Ping Pong Table

Tuesday at 1:00pm

Did you know we have a brand new ping pong table? Thank you to our **Friends Group** who purchased it!!! Ping pong is played every Tuesday at 1:00pm. Bring a friend for some friendly competition.

Hamilton Duplicate Bridge

Wednesdays 12:30 pm

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 12:30 pm.

Fit over 50

Thursday @ 1:00pm

Join Erin on Thursdays for her popular Fit over 50 Exercise class. \$5 donation requested

Pickleball:

Thursday at 11:00 am Rec Center

Pickleball is starting back up. No reservations required, no instruction provided, great for all abilities.

Quilters Group

Friday 9:00am - 12:00pm

Bring your sewing machine and your latest project for a morning of quilting. Machines are available.

Bridge Lessons

Fridays 10:00am

Interested in learning bridge. Stop by on Fridays starting at **10:00** to learn the game. No experience necessary.

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio meets on Fridays. Bring your own materials in any medium. This is a drop-in open studio, so come when you can. Any questions, please call 978-626-5240

Monthly Events

Men's Group

Join us on the first and third Thursdays of the month (November 7th and 21st) at 9:00am for a men's group. We will be offering coffee and pastries.

Book Group

Tuesday November 12th 10:30-12:30

Looking for a no-pressure, no-deadline, social Book Group? Come and join us and share whatever you might be reading-or just come and get ideas on what to read next.

Wenham COA Weekly Events



Floral Design Workshop on Weds, Nov 13th at 1pm. Learn floral design tips and tricks to create a centerpiece for Thanksgiving with Pat Fleming. Bring clippers. Register by Nov 6th. Limited to 12. To register email your name and phone number to Pat Fleming fleming.3patricia@gmail.com or call Jim at 978-468-5529.

Art Classes

TWO Watercolor Art Classes with Marion Rayner - On Weds, November 6th and 20th from 1-3 pm. Marion Rayner will teach us watercolor techniques while she demonstrates. Supplies are included. We begin painting at 1 pm. We welcome HW seniors & beyond! Call 468-5534 to sign up. \$10/pp

Acrylic Painting with Aleah - Our next acrylic paint class is at the WCOA. **Friday, Nov 1st 3-5 PM** Aleah is a great artist/ teacher. Call (978) 468-5529 to sign up \$10/pp.

Pickleball indoors will be at the HW Gymnasium next to the HW Library. Offered by Rec Dept \$30 for residents \$40 for non-residents for 10X punch card. *Intermediate/Advanced* Mon & Weds 9-11am. *Beginner/Advanced beginner* Tues & Thurs 9-11am.

Indoor Bocce 2024 will move indoors in Hamilton on Nov 7th from 10am - 12pm. They will play every Thursday from then on through the winter.

Dementia Friends Intro Session

Tuesday Nov 19th from 10-11 am

How do we talk to a loved one showing memory loss? What resources are available? These concerns will be discussed at this session to help us better understand how to support those with dementia. *Refreshments will be served* Call 468-5534 to register

Caregiver LIVE Support Group

10 School St, Wenham
10:30am on 1st Weds of the month at the Wenham COA. Lunch provided.

"Zoom" Support Group Mtgs

10:30am every Tuesday

Contact (978) 281-1750 and leave a message for Jenn Flynn

Walking Group

Weds 9 am

Mahjonn

Fridays 1-4pm

Pickleball - COA

FREE HW Rec Dept
Thurs 11:00-1:00pm

Buker School Kindness Club

Under the mentorship of **Kate Hayashi**, Buker students, will visit WCOA for a **Tea Party on Tues Nov 19 from 3 - 4 pm**
We may play games!

Tai Chi Class

Every Tues at 1:00pm
November 5, 12, 19, 26

Exercise Class with Erin

Each Monday - 1:30pm at **WCOA Live** >>BALANCE ~ STRENGTH FLEXIBILITY ~ ENDURANCE. Each Thurs - 1pm at **HCOA**. \$5pp Accessible to all and noticeable improvement for participants!

Virtual Yoga Every Mon &

Weds at 10:30am **Breathe, Stretch, Balance and Energize** with Margaret. Email: blisspolarity@gmail.com to sign up.

Balance in Motion with

Dianna Daly is a **virtual** yoga class at 9am and her other class for Parkinson's or anyone with mobility challenges is on Tuesdays at 1:00 pm. Contact Dianna for information on these classes. Email: diannadaly@gmail.com or call me (978) 468-5529 with any questions

November Lunches

12pm "Grab n'Go"

Nov 6 Weds— Sausage with peppers and onions, tater tots, roasted butternut with a hot dog bun & apple sauce.

Nov 13 Weds— Fish Sandwich, burger bun, tarter sauce and coleslaw, mashed sweet potato, apple crisp.

Nov 20 Weds— Swedish Meatballs, chicken meatballs, white rice, green beans, oat bread and pineapple.

Nov 27 Weds— Unbreaded Cod, garlic & lemon butter, rice pilaf, garlic spinach, Vienna bread, cookie.

Special Events - Hamilton



Tablet Update

We still have tablets and Chromebooks available to lend out. We ask that you sign them out for a month at a time. When you bring it back as long as there isn't a waiting list you can borrow another one. You are able to get online, send emails, read books and other things with the tablets/Chromebooks.

KevTech

November 14th & 21st @ 10:00am

Kevin from KevTech is joining us for Back to Basics this month. Stop by for Apple iPhone and iPad 101.

Did you know?

Not all of our events are planned out before the deadline to submit to the newsletter. But we do make up flyers that are now in the entry way of the Center. We also try our best to post on Facebook.

**Lunch with your Friends:
Monday November 4th @ 11:30**

Bring a friend to the center for lunch or come on your own and meet a new friend. Lunch with friends is a special lunch and sign up is required.

This month we will be celebrating National Calzone Day!!!

**Police Talk
Tuesday November 12th
12:00pm**

Join us for Chicken Soup and a talk about scams. We will be welcoming Off. Santerilli for lunch and discussion. Reservation required

**Felted Gnome
Thursday November 7th
10:30 am to 12:00 pm**

Learn how to needle felt wool with Pop up Art School. Use a barbed needle and wool roving to create a felted gnome. In this beginner's class, you'll learn how to sculpt basic shapes and attach them together. Needle felting is fun, easy and relaxing. Space is limited to 15, reservation is required. Seat is not reserved until \$20 for the class is paid

**Health Fair
Monday November 18th
11:30 am-1:00 pm**

Join us on Monday November 18th at our Health Fair. Organizations that are confirmed attendance is CATA, FISH Program, Hamilton Police, Adult Foster Care of NS, BP Clinic.

**Public Health Presentation:
Tuesday November 19th @
3:00 pm.**

Join us as we welcome Judith Ryan, the Town of Hamilton Public Health Nurse. This month she will be talking about diabetes and pneumonia. Stop by with your questions and to say hi. Reservations are requested.

Open House

**Thursday November 27 @
10:30 am**

Stop by on November 27th to join us for an Open House and cookie decorating. Help us get in the holiday cheer. Cookies to decorate and refreshments will be served. Reservations required.

Pie Giving

**Tuesday November 26th @
2:30.**

Join us for pie before the big day. We will have all your traditional pie flavors. Sit down with friends before Thursday to enjoy company and a slice of pie.

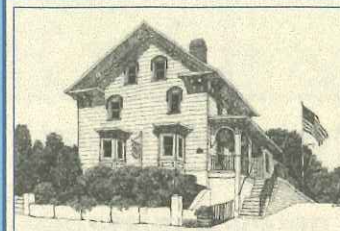
Reservations required

Save the Date:

The Friends of the Hamilton Council on Aging will be holding the Annual Fall Fundraiser on Friday November 22nd. Please follow our facebook page for more updates!

Save the Date:

The Friends of the Hamilton COA will be hosting our Annual Holiday Luncheon on Tuesday December 16th. Reservations will be required and will open on December 1st.



Deb Evans

Vice President, Realtor®

Specializing in
Hamilton/Wenham
Real Estate!

DEB EVANS HOMES
A RE/MAX Company

978.314.5970
devans@jbarrettrealty.com



Morris
**FUNERAL
HOME**

John A. Morris
FUNERAL DIRECTOR

978-356-2422

www.morrisfh.com

45 North Main St., Ipswich

SeniorCare

Elder Services | Information | Solutions

Serving the

North Shore Senior Community Since 1972

Call Us First! 978-281-1750

www.seniorcareinc.org

COMMUNITY LIVING AT ITS BEST

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Lisa Templeton**

ltempleton@picommunities.com

(800) 477-4574 x6377

**SUPPORT THE
ADVERTISERS
that Support our
Community!**

Special Events - Wenham

A Christmas Carol North Shore Music Theater Wed Dec 11 at 2:00 pm

Group rate/Friends of Wenham COA supported \$48 pp. Contact jmaurand@wenhamma.gov - sign up and purchase ticket by Nov 14. Van ride \$5 extra.

SHINE Medicare Open Enrollment runs until Dec 7th.

We will schedule up to 4 appointments each Wednesday starting at 10am during Nov. If you need a "plan search" due to changes in your prescription drugs, please either call Jim 468-5549. email for a copy of the form or come by the Wenham COA and pick up a form called **Your Medicare Plan Comparison**. When the form is filled out, return in a sealed envelop to me and I will send it to Marylou Fierro. She can then send results securely by email to you or by mail.

Nov/Dec dates for SHINE appointments will be on Weds, Nov 6, 13, 20, 27 & Dec. 4

SeniorCare - Our Aging Resource Center/COA has managed, through **SeniorCare**, to host both an 8-week **Matter of Balance** Class and a 6-week **Savvy Caregiver** class recently with Abby Considine.

Our **Wenham Outreach** efforts include making people aware of what SeniorCare has to offer. Speak to your director or Outreach coordinator or call SeniorCare directly at (978) 281-1750 and ask to speak with the on-duty resource person in the **Information & Referral** dept.

Low Vision Group Mon Nov 4 at noon.

Participants share ideas of new technology and assistance. *Lunch served. Please register at 978-468-5529*

Sing Together for Fun!

Tues Nov 5 at 10am
Gordon College Music Ed. students will lead us & play piano as we sing familiar folk songs/show tunes at WCOA.

Jessie Palm, LICW

Jessie can address issues specific to social services. housing & social service advocacy. November 4 from 11:30am - 1pm

Book Deliveries

Friday home deliveries for anyone interested in memory kits, books, DVD's from the library. Call (978) 468-5577.

Senior Scribblers - Our

writing group for all levels. Meets on Thurs Nov 7, 21 from 2-4pm. Contact Barrie Levine essexarrow@aol.com

Caregiver Support

Our caregiver support group will meet on the first Wednesday - Nov 6 at 10:30am. Jenn Flynn from SeniorCare, facilitates this group. 978-281-1750

Make Peace with Organizing with Rachel Carlino-Dangora on Thurs Nov 14th 10-11am

Discussion and Q&A: "Rachel of Make Peace with Organizing is dedicated to helping make lives simpler through organizing and creating systems to keep you on track!

Floral Design Workshop on Weds Nov 13th at 1pm.

Home Energy Assistance

Income Eligibility:

Household income cannot exceed 60% of Massachusetts' estimated State Median Income.

How to Apply:

The online application opened on **October 1** for the upcoming heating season (November 1, 2024 - April 30, 2025). You can submit an application **online, in person** at the HEAP agency in your area, or by **mail**.

First time applicants must participate in an intake appointment, to get started please submit an online application or **contact** your local agency.

Applications are mailed to households after the first year and can be **renewed online**, in person, or by mail.

Necessary Documents

As part of the application process, please be prepared to share necessary information, including but not limited to:

- photo identification for the head of household or primary applicant (e.g., driver's license)
- a list of all household members
- information on your heating bills (e.g., heating company name and account number)
- information on your housing situation (e.g., an active lease or mortgage statement)
- proof of income for 30 days prior to application date (e.g., wages, pension)

NEW Cribbage group is looking to find residents who like the game and can join us Fridays at 10am. We are flexible with our time but at the moment this 10 am timeslot on Friday works well for us! Please call and sign up if you're interested.

Health & Wellness

Used Medical Equipment - Wenham COA has used medical equipment such as commodes, rollators, shower chairs, transport chairs and wheelchairs. (978) 468-5529

SHINE - Hamilton residents call Theresa (978) 626-5240 Wenham residents call Jim 978-468-5529 to make an appointment w/ Mary Lou Fierro on the first Tuesday each month from 10:00-12:00

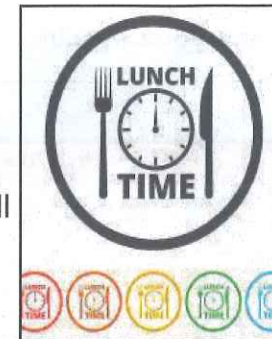
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website actioninc.org

The Good Neighbor Energy Fund contact Tim Morris 978-626-5240 at Hamilton COA or Jeanne Maurand 468-5534 at the Wenham COA to find out if you qualify for assistance.

Property Tax Work-off programs for Seniors can help reduce taxes. Wenham offers the Senior Tax program to eligible residents. Wenham residents can find applications and information at wenhamma.gov. Search for *Tax Relief*. Hamilton currently has a waiting list for participation.

SeniorCare Nutrition Services

Home Delivered Meals (Meals on Wheels) for eligible homebound elders, Monday through Friday. Call SeniorCare and ask the *nutrition dept* for more information.



Podiatrist:

Clinics with Dr. Gregory VanEss are held in both towns every other month. **Wenham Mon Dec 9** 9:15 - 11:30am (978) 468-5534. Dr. VanEss is coming to **Hamilton on Fri Dec 13** from 9 -12:00pm. Call today for an appointment. (978) 468-5595

SeniorCare is serving "in person" lunch at the Hamilton Senior Center on **Tuesday, Wednesday and Thursday**. If you are interested, check the menu at the end of this newsletter or Senior Center for congregate meals and reserve your place with Albie.

(978) 468-2616

SAVVY CAREGIVER

Free 6 WEEK *ADRD Caregiver Training Workshop will start again via zoom. Date and Time to be determined with Abby Considine. These Workshops are being scheduled at other COA's so call (978) 281-1750 x581 for more info. Learn to take control and set goals, communicate more effectively, learn new skills, feel better, strengthen family resources and take care of you!.

Blood Pressure: If you would like to have your blood pressure checked please reach out to the center so we can connect you with Kelly Roller our nurse.

Wenham Transit

Call (978) 468-5534 (Wenham residents **only**) Safe, convenient transportation

Hamilton, Manchester, Essex, Ipswich, Danvers, Peabody, Beverly, Topsfield

Monday - Friday
8am - 4pm



Transportation options (Hamilton):

Program: CATA (Cape Ann Transportation Authority) provides van services for medical appointments, shopping, banking, etc.—runs Monday through Friday 8:00am - 4:00pm
Eligibility: Hamilton Residents age 60+ **Cost:** Free for medical trips & trips to & from Senior Center

Service Area: Hamilton, Wenham, Beverly, Manchester by-the Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody & Danvers

Call 978-283-7916- 2 days in advance to schedule a ride.

Senior Care Medical Transportation Program - (978) 281-1750 ext. 573

RSVP volunteers provide a door to door escort service to and from local medical appointments.

Call Monday - Friday 9:00am-12:00pm to request more information and to schedule appointments.

Wenham Transit - Weekly Shuttle Service

Wenham Transit will be making trips to various popular shopping centers in some cases twice a month. We also have plans to bring trips back to various local museums and historic sights once a month. \$5 per trip.

- Walmart Danvers - 2nd & 4th Thurs leaving at 1pm from Wenham
- Market Basket, Ocean State, Job Lot & Savers - 3rd Thurs leaving at 1pm
- Aldi, Target, Best Buy, Trade Joes & TJ Maxx - 1st & 3rd Fri at 1pm
- Dollar Tree in Beverly by the RR track on Cabot St - 2nd Friday at 1pm
- Dollar Family and Big Lots, off Route 1, near Home Depot in Danvers - 2nd Tues 1pm



Friends of the Hamilton COA

It's that time a year again! The Friends of the Hamilton COA are back to meeting and planning events for this year. As a reminder the Friends help support activities at the Senior Center.

Last year they sponsored an Ice Cream Party, Casino Trip, a new Ping Pong table and the Holiday Party in December. This year they helped spruce up our Coffee Bar and will be sponsoring our Holiday Party.

It is now time to renew your Friend's Membership! Renewing is simple-stop by the Senior Center and fill out the information. Being a member helps support the different programming, as well as helps with incidental purchases for the Senior Center.

Stop by for more information on how you can help!

Notes from Outreach, Veterans & State officials

What do I need to know about Medicare Open Enrollment?

Medicare Open Enrollment: October 15 – December 7.

SHINE counselors can help you with all things Medicare

Your health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2025, or to learn about all options that may be most cost-effective for you. You may also benefit from cost-savings programs which a SHINE counselor will explain to you.

Medicare plans can change annually, and changes are expected for 2025.

This can affect your health care and drug costs.

SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare.

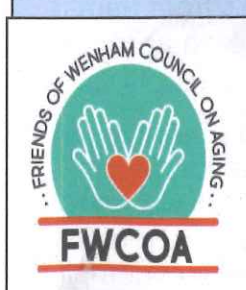
Certified SHINE counselors are available all year, and offer free, unbiased confidential counseling on all aspects of Medicare health insurance. Call 978-468-5595 for an appointment.



I was just thinking

about changing the clocks to Eastern Standard Time on November 3. This simple task raises a question. What is the meaning and function of time? Are we merely timekeepers? Mitch Albom in his book *The Time Keeper* probes the "meaning of time." Recently, Oliver Burkeman wrote *Four Thousand Weeks: Time Management for Mortals*. He and Albom wonder what time is and what is the balance between time's "brevity and possibilities?" Both authors wrestle with the tension between time as a gift to be enjoyed and time as a commodity to be managed. For some, time is to be calculated. Seconds, minutes, hours, days are counted. For others the calculation is driven by the question, In what way will this moment, this day, count? Further, these authors nudge the notion that recognizing the reality of our own mortality paves the way to appreciate and embrace the time we have now. Years ago, I read *The Road Less Travelled* by M. Scott Peck. It is an echo of Robert Frost's poem "The Road Not Taken." Peck and Frost advocate patience in the presence of the perceived rush of time. The sign at a railroad crossing, STOP LOOK LISTEN, while quaint is helpful advice in this nanosecond world we live in. I wonder, is November 3rd the day we introduce this advice to our internal clocks?

Dean W Pedersen, Captain USN Ret. Chair: The Veterans Committee of Wenham



The Friends of Wenham Council on Aging are proud to financially support the Wenham COA which keeps our programs vibrant and relevant. Did you know that 30% of Wenham residents are over 60 years old? The Wenham Council on Aging has become an important resource for some of these residents. The Friends support a variety of programs, including partial support for group lunches, museum and trip tickets, games, like mahjonn, many Board group meetings and lecturers, NSMT theatre tickets, painting & craft materials, exercise classes, kayaking, picnic tables, benches, entertainment and music. Your contributions are tax deductible. Please make checks payable to: **FWCOA, 10 School St, Wenham, MA 01984.**

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

Visit ipicommunities.com

Scan to contact us!

ADVERTISE HERE to reach your community



Call 800-477-4574

SHORT STAFFED?

Place an ad here to find new local talent for your business.

CALL 800-477-4574

WE APPRECIATE OUR ADVERTISERS!

They allow us to print this bulletin. Thank you!

Community Resources

ACORD Food Pantry is OPEN

Weds 9:30 -11am; *Senior Hours -Thurs 10:00 -11:00am*; Thurs 6:30 - 7:30pm; Sat 9 -11am PO Box 2203, 69 Willow Street South Hamilton, MA 01982 ACORD FP is for anyone who may need a little help with food assistance. We offer non-perishable food as well as meat, fish, cheese, yogurt, milk, eggs and fresh produce - most donated by local farms. Delivery is available for seniors who are unable to visit the pantry in person. Please reach out via email: acord.director@gmail.com or phone 978-468-7424 if you have any questions.



Mobile Market

1st and 3rd Mondays

November 4th & November 18th

12:30 - 1:30 pm Join us as we host a mobile

market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for your household - no income limits. Just stop by and grab what you need. Mobile market starts at 12:30 and runs only until 1:30. Please bring your reusable bags.

Veteran's Committee of Wenham

Meets the 2nd Tuesday of every month at WCOA
9 am Business meeting
10 am Coffee **All Veterans** are invited to come and meet, Vee, from **Cape Ann Veteran Services** to learn about their benefits and opportunities.



What is FISH? FISH (Friends in Service Helping) is an international volunteer organization founded by members of St. Andrews Church in Oxford, England. The first **FISH** group in the U.S. was organized in West Springfield, MA in 1964. We are excited to welcome **FISH** to our Hamilton Seniors. We are a group of volunteers looking to provide rides to appointments, shops and activities.

Jessie Palm, LICSW has office hours in Wenham to discuss any social service issues you are having on Nov 4 from 11:30am - 1pm

SeniorCare, Inc is a consumer centered organization which provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community. They offer information, referral and advocacy on a wide range of aging-related issues. (978) 281-1750 or go to seniorcareinc.org.

WISSH - Wenham Issues of Social Service Help. Confidential financial and social service assistance The mission of WISSH is to identify the social-service needs of Wenham residents and to coordinate and implement appropriate immediate unmet financial assistance to those in need. (978) 468-5520 Ext.

Hamilton Foundation was created to help meet unexpected, urgent, and short-term needs to Hamilton residents due to job loss, death, divorce, or catastrophic illness. It does not replace traditional governmental programs or social service organizations but helps people in ways that those programs cannot. 978-233-1816

Podiatrist - Dr. VanEss comes to Wenham COA on Mon, Dec 9th. Call 978-468-5534 to make your reservation. **HCOA** is Friday December 13 from 9am - 12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Nov 4 at 12:00pm. We will be exploring **NEW** topics for our lunch discussion which we feel compliments our discussion.

“How do I know if assisted living is right for my mom?”

When someone you love is struggling to live on their own, you're bound to have questions.

Small-home assisted living and memory support at The Woodlands Inn provides just the right amount of personalized assistance to help residents thrive. **To learn more and get answers to your questions, call 978-725-3300.**



575 Osgood Street
North Andover, MA 01845
TheWoodlandsinn.org

Edgewood is a not-for-profit 501(c)(3) organization.

SUPPORT OUR ADVERTISERS!

GLENN BATTISTELLI

Since 1974
For all repairs - major or minor - deal directly with the owner!
ROOFING • CARPENTRY • PAINTING
VINYL SIDING • WINDOWS & MORE
978-922-6338
www.glennbattistelli.com

THINKING OF SELLING YOUR HOME?

Call Pam Carney Today.

PAM CARNEY

Hamilton Wenham Sales Specialist Since 1987



CARNEY REAL ESTATE

office 978-468-7074 • cell 978-578-3578
51 Cherry St. Wenham • carneyrealestate@comcast.net

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

November Preliminary Menu— Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
4 Lasagna Alfredo Sauce Zucchini	5 Turkey pot Pie Mashed Potatoes Puff Pastry	6 Sausage & Peppers Roasted Butter- nut Apple Sauce	7 Grilled Chicken Broccoli Rice Pilaf	8 American Chop Suey Brussel Sprouts Garlic Roll
11 Holiday No Meals Served	12 Grilled Chicken Apricot Sauce Rice Pilaf Beets	13 Potato Crunch Fish Mashed Sweet Potato Coleslaw	14 Egg Salad Garden Salad Quinoa Salad Yogurt	15 Turkey Te- trazzini Carrots Pasta
18 Pork & Apples Sweet Potato Tots Brussels Sprouts	19 Beef Stew Peas Carrots Mashed Potatoes Cornbread	20 Swedish Meatballs Swedish sauce White rice Green beans	21 Turkey Stuffing Gravy Whipped Potatoes Mashed Butternut Squash	22 Ravioli Tomato Sauce Zucchini & summer squash
25 Chicken Parm Marinara Sauce Pasta Broccoli	26 Hot Dog Baked beans Cinnamon ap- ples Coleslaw	27 Unbreaded Fish Garlic and Lem- on Butter Rice Pilaf Garlic Spinach	28 Happy Thanksgiv- ing No meals	29 Macaroni & Cheese Pease & Peark Onions
<p>Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (>500mg) **High sodium meal (>1200mg)</p> <p>Menu Subject to Change Without Notice</p>				

Looking for Wenham's Grab & Go? It is every Wednesday-Please call 978-468-5534
Hamilton offers congregate lunches on Tuesday, Wednesday and Thursday of every week. Reservations are required, and can be made by calling Albie at 978-468-2616
Looking for Meals on Wheels: Meal's on Wheels can be setup by calling Senior Care at 978-281-1750 and asking for the intake department.



ACE HANDYMAN SERVICES
 An ACE Hardware Company
 Home Repairs & Improvements
 Carpentry · Painting · Stairs · Doors
 Floors · Gutters · Fences · Drywall repair
 Call 978-775-2210
 essexcountynorth@acehandymanservices.com
 www.AceHandymanServices.com

BEVERLY CRAFTSMAN HOME SERVICES



-Drywall -Carpentry -Painting
 -Small Jobs -Home Repairs

978-233-1767

BeverlyCraftsman@gmail.com

Licensed and Insured



THE RESIDENCE
 at Riverbend
 Independent, Assisted
 & Memory Care Living

978-356-1300
 149 County Rd, Ipswich

IF YOU LIVE ALONE

MDMedAlert!
 At HOME and AWAY!

STARTING AT
\$19⁹⁵
 /mo.

✓ Ambulance ✓ Police ✓ Family
 "STAY SAFE in the HOME YOU LOVE!"
 ✓ GPS & Fall Alert

800.809.3570 md-medalert.com



SERVING THE GREATER BOSTON AREA
 Arlington-Hamilton-Medford-Norwood-South Boston-Winchester
 781-874-9294



Stay Safe & Agile: Train Your Dog

CoachYourDog.com/COA

Obedience - Behavior Modification

Remodeled. Reimagined. Refined.
 Call for our Fall Specials!



THE CURRENT
 BEVERLY
 SENIOR LIVING

Schedule a Tour Today!
978-778-9880
 TheCurrentBeverly.com



FREE
AD DESIGN
 with purchase
 of this space

CALL 800-477-4574

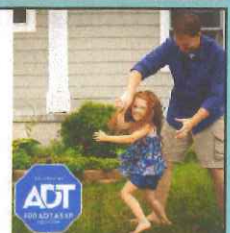
ADT-Monitored Home Security

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider SafeStreets

833-287-3502



SUPPORT OUR ADVERTISERS!

Hamilton COA
299 Bay Road
S. Hamilton, Ma. 01982

Pre-Sorted Standard
U.S. Postage Paid
Permit #24
Hamilton, MA 01936



Deliver to addressee or current resident

Hamilton COA

Town Manager: Joe Domelowicz

Director: Theresa Woodbury
twoodbury@hamiltonma.gov

Outreach Coordinator: Tim Morris
tmorris@hamiltonma.gov

Board:

Rosemary Kennedy, Chair
Richard Hewett, Vice Chair
Penny Wingate, Secretary

Peter Meo
Catherine Minnetyan
Kelly Roller
Laura Studley

299 Bay Road, Hamilton, Ma. 01982
978-626-5240

Wenham COA

Director: Jim Reynolds
jreynolds@wenhamma.gov

Outreach Coordinator: Jeanne Maurand
jmaurand@wenhamma.gov

Van Scheduling / Administration:
Cathie Tomasello

Van Drivers:
Bob Gray
Barry Michaud
John Lincoln

Board:

Debbie Aminzadeh
Gretchen Muschamp
Barrie Levine
Karen Cronin
Daphne Van Nest
David Pearson
Calvin Kline

10 School St, Wenham, Ma. 01984
978-468-5534